

Keep  
me handy

our  
**SOMERSET**  
Together we care

**NHS**  
Somerset



# Healthcare and support on your doorstep in Chard

Your handy guide to local health and care services

- ✓ Help for minor injuries or illnesses like sprains, cuts or fever
- ✓ Discover how your local pharmacy can help you
- ✓ Find mental health support when you need it
- ✓ Help with finances, food, feeling isolated and living well

Need advice? Call NHS 111

Emergency? Call 999



# I need help with ...



## Chard



**... sprains and strains; broken bones; minor injuries such as cuts, bruises and sports injuries; rashes; vomiting; bites; throat infections or fever**



Urgent Treatment Centre (UTC) at Chard Community Hospital, Crewkerne Road, Chard, TA20 1NF. Open 7 days a week 8am-8.30pm. X-ray: Monday, Tuesday & Thursday: 9am-5pm. Call 111 or walk-in. Easier than A&E, shorter waiting times and free parking.

**... coughs and colds, sore throats, aches and pains, ear infections, contraception and more**



Local pharmacies can help with more than you might think. See back page for more details and to find your nearest pharmacy

**... my mental health**



Open Mental Health provides 24/7 support for people in Somerset at [openmentalhealth.org.uk](http://openmentalhealth.org.uk). Need to talk? Call Mindline on 0800 138 1692



**... managing my long-term pain**



ARK at Egwood (Merriott) TA16 5QN. Pain workshop waitlist: [jon@arkategwood.com](mailto:jon@arkategwood.com). Details: <https://bit.ly/PainCafeSomerset>

**... caring for someone, getting essentials, cost of living or feeling isolated**



Chard Talking Café, Chard CommuniTea, 6A Holyrood Street, Chard TA20 2AH. Every Wednesday, 10am-12noon

**... staying healthy and living well**



- Quit-smoking support – [smokefreesomerset.org.uk](http://smokefreesomerset.org.uk)
- Free blood pressure checks – visit your GP, pharmacy or library
- Sports, walks and help with long-term conditions – [sasp.co.uk](http://sasp.co.uk)
- Warm welcoming spaces in winter for anyone who needs it – [sparksomerset.org.uk/find-warm-welcome](http://sparksomerset.org.uk/find-warm-welcome)



## Your local pharmacies

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**Boots Pharmacy** 5 Fore Street,  
Chard, TA20 1PH. 01460 63114

**Mortons Pharmacy** Unit 1,  
Stringfellows Gallery, Holyrood  
Street, Chard, TA20 2AH.  
01460 63089

**1 in 3 people in**

**Somerset with**

**high blood pressure**

**don't know they have it.**



**TAKE THE  
PRESSURE  
OFF**

It's a leading cause of severe health issues, such as stroke. Don't risk it, get checked at your local pharmacy or Somerset library.

[bit.ly/blood-pressure-somerset](http://bit.ly/blood-pressure-somerset)

Search online:  
'NHS find a pharmacy'

## Think Pharmacy First!

Your pharmacist can provide treatment, including prescription medicines for common conditions, without the need to see a GP, including:

- Sinusitis (age 12+)
- Sore throat (age 5+)
- Earache (age 1-17)
- Infected insect bites (age 1+)
- Impetigo (age 1+)
- Shingles (age 18+)
- Urinary Tract Infections (women age 16-64)

Your pharmacist can provide oral contraception, including the emergency contraceptive or morning after pill, without the need for a prescription or GP appointment

[nhs.uk/thinkpharmacyfirst](http://nhs.uk/thinkpharmacyfirst)